

Marvelous meals
in minutes!



BUMBLE BEE seafoods, ♡/♡

Also featuring the LOVE STORY of Bumble Bee Salmon



Each of the Bumble Bee recipes you find here was especially created to make seafood delightfully quick and easy for you to use. We hope you enjoy Bumble Bee's truly fine quality often, and that you turn to these pages every time you need a really delicious new mealtime idea!

The LOVE STORY of Bumble Bee Salmon

WHEN Leander swam the Hellespont to visit Hero, he established a classic record of courage and physical stamina, as well as an enduring example of a great love.

But in the waters of the North Pacific there lives a famous fish whose love drama is greater than Leander's. King Chinook swims a thousand miles against swift currents to meet his mate.

Of all the fish that swim the sea, one of the

most beautiful, symmetrical, clean living fish is the salmon. The finest salmon are those in the Pacific Ocean off the coasts of Oregon, Washington, British Columbia and Alaska. Of these the greatest is the King Chinook, and the King Chinook of the mighty Columbia River is acknowledged the highest development of this great species.

This is the true story of King Chinook, the Bumble Bee Salmon, and his epic love drama.

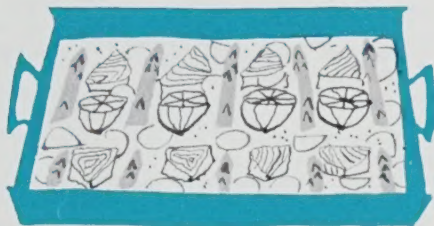
Look at your map of the Pacific Northwest and trace the Columbia River from its mouth at Astoria, Oregon, to its many sources. Fifteen hundred miles from Astoria the Columbia begins in a clear mountain lake in Canada, fed by eternal snows, from a vast mountain wilderness, much of it untrod by man. Another great tributary, the Snake, arises in the high summits of the Rocky Mountains in Yellowstone Park. Hundreds of lesser tributaries, many of

(Cont. on Page 2)





For easy entertaining!
SALMON BROILER MEAL
 Fancy Chinook or Blueback



MENU *Salmon Broiler Meal • Green Salad • Rolls • Peach Cobbler • Coffee • Milk*

Ingredients to serve 6

- 2 7 $\frac{3}{4}$ oz. cans Bumble Bee Fancy Chinook or Blueback Salmon
- 1 can asparagus tips
- 4 medium size cooked potatoes
- $\frac{1}{4}$ cup butter
- salt
- 3 tomatoes

Ready to serve in 15 minutes

Place on a broiler pan salmon wedges, asparagus, potatoes cut in 1 $\frac{1}{2}$ inch pieces. Brush all with melted butter and salt lightly. Broil 2 $\frac{1}{2}$ inches from heat for 10 minutes or until potatoes are brown. Add tomato halves and broil 4 minutes longer. Serve with lemon wedges.

LOVE STORY (cont.)

them great roaring torrents of rivers which run bank full the year round, feed the Columbia. All of them are clear, wholesome streams. Together they comprise the second greatest watershed on the North American continent, exceeded in size only by the Mississippi.

* * * * *

In the spring, when the vine maples and alders and firs and pines begin to bud, and the icy waters warm a little, there is a movement in the shallow gravel bar of one of the myriad mountain streams of this great watershed. A pink colored egg which was lightly buried in the creek bed the previous autumn begins to move. The strong skin covering of this egg gives way and a tiny tail emerges. Then a nose pops out the other side and we see a little fish begin to move under his own power, as yet more egg than fish. In a few days the egg is absorbed and

we see a clean-limbed little fellow, a perfect miniature fish, begin to wander around in the shallows. He is hungry and finds dainty food clinging to the pebbles.

This little fellow is the baby King Chinook—and how he grows! He *has* to grow and grow fast, for in four short years he is destined to reach the statehood of a full grown King Chinook salmon. He will measure from 2 to 4 feet in length, and will weigh from 20 to 75 pounds—perhaps as much as 80 or 90 pounds.

Soon our baby Chinook is wandering farther afield, feeding. In repose he always heads upstream swimming gently in the face of the swift current. As he grows larger he lets himself drift backward downstream into deeper water, turning his back to the current only to swim downward through the still pools. He yearns for larger fields and deeper pools and broader waters. By fall he has gone downstream hun-

(Cont. on Page 4)



Hunch for a quick lunch!

SALMON SALAD

Also delicious with Bumble Bee Tuna or King Crab Meat



MENU *Salmon Salad • Potato Chips • Celery • Crisp Pickle Chips • Pumpernickle Bread
Peach Shortcake • Coffee • Milk*

Ingredients to serve 4

- 2 cans (7¾ oz. each) *or* 1 can (1 lb.)
Bumble Bee Salmon, well chilled
- 1 small cucumber, pared and coarsely
chopped (about 1 cup)
- 1 cup sliced celery
- ⅓ cup mayonnaise or salad dressing
- 1 tablespoon lemon juice
- ½ teaspoon salt
- Dash of pepper
- Crisp salad greens
- 2 hard-cooked eggs, sliced

Ready to serve in 20 minutes

Drain and separate salmon into large pieces; add remaining ingredients, except salad greens and eggs; toss lightly to mix well. Serve on crisp greens; garnish with egg slices.

LOVE STORY (cont.)

dreds of miles. The last 200 miles of the big river is quite smooth, but swift and clear. It gets wider, deeper, more still. An ominous calm is on its waters. A hundred miles from the ocean our baby Chinook begins to feel the swell of tides—lightly at first, then more pronounced as he nears the ocean. Not until he comes almost to the bar at the mouth of the Columbia does he feel the thrill of cold salt water through his gills. He plunges on and is in the great Pacific Ocean itself.

Swimming along with him are thousands of his fellows—many born on the same gravel bar of the same mountain stream; many thousands of others from other streams. Together they enter the ocean where for almost four years they will seek the submarine feeding banks where luscious vegetable marine life flourishes. He will learn to feed on shrimps, smelt and other tasty morsels of ocean life, rich in vita-

mins, iodine, salts and mineral food value. Terrors of the deep beset him, too. He sees a less alert companion snapped in two by a seal. A sea lion almost gets him. He preys and is preyed upon. But he was born with a quick brain, a strong lithe body, and an instinct for self-preservation which has brought him safely down the great river, through innumerable enemies which were as real to him in babyhood as are these monsters of the deep now that he is in his young manhood.

Not knowing why or for what, our young King Chinook is preparing himself for the great drama of his life. He is a big, strong, full bodied fish. Nearly four years old, and spring is in the air again. Other springs have come and gone unheeded. But this time something calls and he listens. He remembers the gravel bar in the little mountain stream many hundreds of miles—perhaps more than a thous-

(Cont. on Page 6)



Delightful meal easily prepared

SALMON CASSEROLE

Just as tasty with Bumble Bee Tuna



MENU *Salmon Casserole • Buttered Peas • Orange-Grapefruit Salad • Dinner Rolls • Brownies
Coffee • Milk*

Ingredients to serve 6 to 8

- 1 package (8 oz.) noodles
- 1 can condensed cream of mushroom soup
- 1 soup can milk
- $\frac{1}{2}$ teaspoon poultry seasoning or basil
- $\frac{1}{4}$ pound ($\frac{1}{2}$ of 8 oz. package) processed American Cheese, cut in cubes
- 1 can (1 lb.) or 2 cans ($7\frac{3}{4}$ oz. each) Bumble Bee Salmon, drained and flaked
- $\frac{1}{3}$ cup cracker crumbs

Ready to serve in 55 minutes

Cook noodles according to package directions; drain. Blend mushroom soup, milk and poultry seasoning or basil. Add noodles and cheese; mix well. Fold in salmon. Turn into greased 2-quart baking dish; sprinkle cracker crumbs over top. Bake in moderate oven (375°F.) 40 minutes, or until bubbling hot.

LOVE STORY (cont.)

and miles away. He decides to go back—and to the very stream and spot where he was born.

Science has established the facts of the strange tale we will now relate. It is not guesswork. It is romance, but true romance. We do not know *why* but we know that it *is*. Our King Chinook plans his trip. Deliberately, with an intelligence of his own, or inspired by an urge or instinct bigger than himself, we can only guess, but we do know that he plans it because he, in common with his kind, always starts in time to arrive at the "old home stream" in late August or early September. He will travel through hundreds of miles of ocean water and find the mouth of the Columbia—not the mouth of any one of scores of other rivers. After he enters the Columbia and fresh water he will not eat again. Therefore, he must plan not only as to time, to allow himself to arrive on schedule, but he must also plan as to

food, because every bit of strength he uses will be carried with him in the form of food he has eaten in the ocean and assimilated into his mighty muscles and tissues. Some of his companions who were born nearer the ocean can start their journey later because they have not so far to go. All plan to arrive at the same season. Those who have lesser distances to go not only can start later, but they need not carry such rich cargoes of assimilated foods—they do not need to be in such perfect condition. This is the scientific reason for the superior quality of the Bumble Bee Salmon, Columbia River's King Chinook. He is the richest meat, finest flavored fish because he is the strongest fish. He is the strongest fish because he has the hardest journey before him, and knows enough to be fit for it. Salmon taken at the mouth of the Columbia in early spring are those which are setting out on the longest journeys.

(Cont. on Page 8)



Fast and famous!

BAKED SALMON TOASTWICHES

Wonderful with Bumble Bee Tuna



MENU *Tomato Juice • Salmon Toastwiches • Coleslaw • Pear Halves • Cupcakes • Coffee • Milk*

Ingredients to make 6 sandwiches

- 1 can (1 lb.) or 2 cans (7¾ oz. each)
Bumble Bee Salmon, drained and
flaked
- ½ cup chopped dill pickles
- ½ cup mayonnaise or salad dressing
- 1 teaspoon grated onion
- ½ teaspoon salt
- 12 slices white bread
- 2 eggs, beaten
- ½ cup milk

Ready to serve in 35 minutes

Combine salmon, pickles, mayonnaise or salad dressing, onion and salt. Spread mixture over 6 bread slices; top with remaining bread slices. Cut sandwiches diagonally in halves; arrange in well greased 13 x 9 x 2-inch pan. Combine eggs and milk; pour over all. Bake in moderate oven (350°F.) 20 minutes.

LOVE STORY (cont.)

Thus, because it is by far the longest river, with the swiftest waters of all the salmon streams, the Columbia River King Chinook is of necessity a stronger, different type of fish. His flesh ripples in layers of clearly defined strong-fibred muscles. Instead of the bright red crumbly flesh of his Alaska brothers, his flesh is in layers an eighth of an inch or more in thickness, like the growth-rings of a giant fir tree, and is a true salmon color. No other stream produces such salmon because no other stream demands such a powerful fellow for its navigation.

By the last of March our King Chinook is "laying to" off the mouth of the Columbia, preening himself and putting the finishing touches on his condition for his long river voyage. A few weeks later he plunges into the river. Others join him. Hundreds of thousands of other Chinook have the same urge as he to

return to the place of birth. The vast cavalcade moves into the river. The migration is on. Last year a similar migration went upstream. They never came back. Instead, a much larger number of baby Chinooks came down and went into the ocean. Next year another vast army will move upstream as surely as spring comes. It was so more than one hundred fifty years ago when John Jacob Astor founded Astoria. It will probably be so a hundred years hence. What tragedy is this that repeats itself each year when millions of great fish journey to their birthplace, never to return, and the next year tens of millions of baby Chinooks come down the river to the ocean to take their place? Let us see.

A few miles inside the bar at the mouth of the river, the army moves onward. King Chinook is a little to one side of the main column of march. He sees the column hesitate

(Cont. on Page 10)





MENU *Consomme • Tuna Salad Tropical • Hot Muffins • Marmalade • Apple Pie with Cheese Coffee • Milk*

Ingredients to serve 4

- 1 can (6½ or 7 oz.) Bumble Bee Tuna, well chilled
- 1 cup drained canned pineapple tidbits or chunks
- ½ cup sliced celery
- ¼ cup chopped green pepper
- ¼ cup sliced stuffed olives
- 3 tablespoons mayonnaise or salad dressing
- Crisp salad greens

Ready to serve in 15 minutes

Drain tuna and separate into large pieces. Add remaining ingredients, except salad greens; toss lightly to mix well. Serve on crisp greens

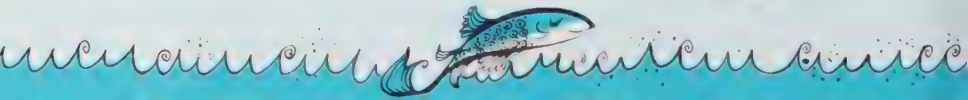
LOVE STORY (cont.)

—the leaders fall back. What is the confusion —he turns to see. Something is wrong. Hundreds of his comrades are threshing the water. They try to go forward but something stops them. They try to back up but become more confused. What is this innocent looking mesh into which they have swum and which has fastened itself onto their gills? King Chinook doesn't know, but he knows that many of his fellows are held fast and cannot move far forward or back. He swims around it and onward upstream. Here is another confused and threshing throng of Chinooks—as good fish as he. Never before has he met an enemy like this. He gives each succeeding net as wide a berth as he can. Dodging, swimming, for five miles—ten miles—he eludes a dozen nets. Then he sees them less frequently. He finds himself with still a large number of his fellows.

As King Chinook swims steadily onward, his

companions become fewer and farther apart. But still he is not lonely. There are yet thousands of salmon on the big trek. A hundred and fifty miles up river he encounters his first major obstacle, Bonneville Dam, which stretches across the river like a giant gray wall. Millions of tons of roaring white water are cascading over the spillways and through the turbines, frustrating his instinct to follow the current. Desperately at first and then methodically he searches for a way to pass this man-made barrier. Two days of fruitless effort are rewarded as he finally finds the entrance to the “fish ladder” leading over the dam. Nosing cautiously into the first pool he soon learns to leap the series of small waterfalls which serve as steps in this watery stairway for fish. At the top of the fishway or “ladder” he finds himself in strange surroundings. He is in the large lake formed by water which the dam has im-

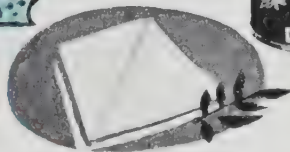
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Best for busy days!

TUNA SANDWICH

Also a treat with Bumble Bee Salmon



MENU *Tuna Sandwiches • Green Salad • Carrot Sticks • Purple Plums • Coffee • Milk*

Ingredients to serve 4

- 1 can (6½ or 7 oz.) Bumble Bee Tuna, drained and flaked
- ⅓ cup finely chopped celery
- ¼ cup mayonnaise or salad dressing
- 2 tablespoons well drained pickle relish
- ¼ teaspoon salt
- Dash of pepper

Ready to serve in 10 minutes

Combine all ingredients; toss lightly to mix well.

LOVE STORY (cont.)

pounded. Weary from his strenuous climb, he would like to rest but his delicate timetable has been upset by the delay in finding a route over the dam. He must plunge ahead.

More major dams lie in his immediate path up the main stream of the Columbia. The relatively warmer water in the semi-lakes created by the backwater from the dams is debilitating and he quickly traverses these unnatural bodies of water which cover the rocks and cataracts where Indians once fished with spears. At each dam he is confused by the turbulence of the water rushing over the spillways and through the turbines, and at each he wastes badly needed energy and time before finally locating one of the fish ladders leading over the dam. When King Chinook finally encounters the naturally turbulent flow of the river, he takes the swift water as it serves and ploughs ahead.

King Chinook now notices that his ranks have thinned. Some of his companions failed to find the fish ladders and have perished below the dams. Others look spent from their efforts and wasted time. King Chinook travels on, hundreds of weary miles. Passing him and passed by him are other Chinooks. He begins to look them over. He is looking for his mate. By what instinct he finally selects her, we do not know. Whether she, too, is a girl from his old home stream or merely from a neighboring stream we do not know. But the King is getting tired of traveling alone, and he is getting thin. Just try swimming 500 miles without eating and see what it does to *your* waistline. His cheeks are sunken. His jaws have taken on a vicious, haggard look. He looks less like a sleek lover, but he has a determined, dogged, not-to-be-denied air about him. In such a frame of mind, he

(Cont. on Page 14)





No trick and so quick!

TUNA SURPRISE

Try it later with Bumble Bee Salmon



MENU *Tuna Surprise • Coleslaw • Pickle Sticks • Strawberry Sundaes • Coffee • Milk*

Ingredients to serve 6

- 1 package frozen mixed vegetables
- 2½ cups water
- 1 package (1½ oz.) dehydrated onion soup mix
- 1 teaspoon salt
- 1 package (5 oz., 1⅓ cups) pre-cooked rice
- 1 can (6½ or 7 oz.) Bumble Bee Tuna, drained and separated into large pieces

Ready to serve in 25 minutes

In large frying pan with tight-fitting cover, combine mixed vegetables, water, soup mix and salt; simmer 5 minutes, stirring occasionally. Stir in rice and tuna. Cook, covered, over low heat 15 minutes.

LOVE STORY (cont.)

swims alongside a shapely queen. He follows her. He draws closer to her side. They nudge each other and travel on together.

How King Chinook swims with his mate unerringly to the very tributary from which he drifted down three years ago last spring, we do not know. It is now the middle of August, and he has been in the river since the first of May. Three and a half months—more than a hundred days not merely of fasting, but days of strenuous travel. The journey end is near. Wearily they swim up the swift and ever smaller mountain stream. Other branches are constantly emptying into it. They select one of these branch streams—*the right one*. Just before daybreak two hungry bears dip into the water with their paws and shovel out a pair of salmon just behind our King Chinook and his queen. Another narrow escape! And now, just around the next bend, beyond that little pool, is a familiar gravel

bar. King Chinook gently steers his mate to this bar. He selects a spot and with a few vigorous strokes of his tail excavates a shallow trench in the gravel—a trench perhaps 14 inches long, 4 inches wide, and 2 or 3 inches deep. His mate moves over this shallow trench and hovers there while he stands guard. She deposits a nest full of bright pink eggs, each about the size of a pea. He pushes her gently aside, hovers over the eggs and fertilizes them. Then with his tail he flips loose gravel over the nest of eggs, covering them carefully from the hungry trout and crawfish.

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Their work is finished. The high purpose which buoyed them up is now achieved. Again the thoughts of King Chinook and his queen can turn to themselves, their own interests, their personal needs, and they find the situation

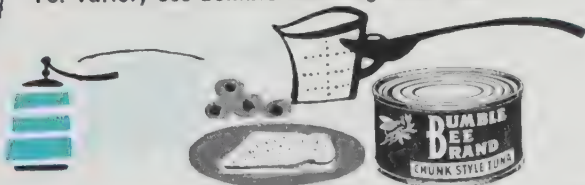
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Taste tempting... time saving!

TUNA RABBIT

For variety use Bumble Bee King Crab Meat



MENU *Tuna Rabbit • Buttered Green Peas • Tossed Salad • Ice Cream Cake • Coffee • Milk*

Ingredients to serve 4

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- $\frac{1}{4}$ teaspoon salt
- Dash of pepper
- $1\frac{1}{2}$ cups milk
- $\frac{1}{2}$ cup shredded Cheddar cheese
- 2 tablespoons chopped green olives
- $\frac{1}{2}$ teaspoons lemon juice
- 1 can ($6\frac{1}{2}$ or 7 oz.) Bumble Bee Tuna,
drained and separated into large
pieces
- 4 slices hot toast

Ready to serve in 15 minutes

Melt butter or margarine in saucepan; blend in flour, salt and pepper. Slowly stir in milk. Cook, stirring constantly, until mixture is thickened. Add cheese, olives and lemon juice; stir until cheese has melted. Add tuna, stirring carefully; heat thoroughly. Spoon over toast.

LOVE STORY (cont.)

desperate indeed. Two large, gaunt fish in a little brook so much too small for them that their backs are out of water most of the time. Never since babyhood has King Chinook been a fresh water feeder. Now perhaps he would be but there is no feed and if there were he has no strength to get it. They remember the ocean, with its succulent food and revitalizing waters. To journey back is the only thing to do, but it is such a long trip, and they are so very, very tired. The great sleep is stealing over them and, with no purpose in life to inspire them to fight it off, they linger on in the little brook.

* * * * *

The chill of autumn is in the air. Winter rains have begun. The stream is swelled to larger size, but no King Chinook salmon takes advantage of the stronger current to drift back to the ocean. The higher waters came too late, for

there beside the pool of his birth, sunk against the bottom, lies the whitening remains of King Chinook and nearby those of his mate. But even in death they are carrying on their creative work. They are still at the service of the little fellows who will come forth from the pink eggs for which so great a sacrifice was made. For their flesh is slowly disintegrating in the clear mountain water and particles of it cling to the pebbles. It will become the tender tid-bits from which the newly hatched baby Chinooks will first find nourishment.

This is the Royal King Chinook that, when taken at the mouth of the Columbia, fresh from the ocean, is the finest salmon in the world, the Bumble Bee Salmon. No other salmon compares with them in flavor, in texture of their firm, tender flesh, in the richness of their oil, in nutritious food value, or in natural salmon color. By far the largest and best equipped

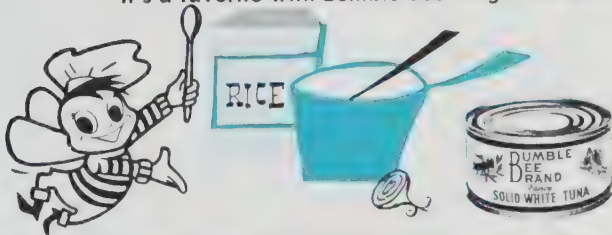
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When in a hurry!

TUNA CURRY

It's a favorite with Bumble Bee King Crab Meat



MENU *Tuna Curry • Chinese Noodles or Fluffy Rice • Julienne Green Beans • Banana-Pineapple cup • Coffee • Milk*

Ingredients to serve 3 to 4

- 1 cup chopped onion
 - 2 tablespoons butter or margarine
 - $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon curry powder
 - 1 can condensed cream of mushroom soup
 - $\frac{1}{3}$ cup milk
 - 1 can ($6\frac{1}{2}$ or 7 oz.) Bumble Bee Tuna, drained and separated into large pieces
- Heated canned Chinese noodles or hot, cooked rice.

Ready to serve in 15 minutes

Cook onion in butter or margarine until just tender. Blend in curry powder, soup and milk. Add tuna, stirring carefully; heat thoroughly. Serve spooned over heated canned Chinese noodles or hot cooked rice.

LOVE STORY (cont.)

packer of this wonderful fish is Bumble Bee Seafoods, Inc. Conservation measures instigated by the industry itself almost a half century ago have resulted in the maintenance of this great natural resource at a high level. Artificial propagation methods, practiced in modern fish hatcheries, have not only resulted in improved strains of salmon for only the largest and best quality males are used for egg fertilization, but through lessened mortality in egg and fry stages, have been able to offset some of the inroads on the salmon runs resulting from the encroachment of civilization and its accompanying disturbances of nature's provisions for the natural spawning of these fine fish.

Increased scientific research is being carried on by the United States Fish and Wildlife Service and similar agencies of the States concerned, to learn more of the facts concerning the migration and life cycles of the various species of salmon.

From this research, it is expected that more efficient ways will be found to assist nature to maintain and expand the runs of salmon, thereby providing the maximum possible sustained yield for generations to follow.

Now a personal invitation and a final word. This is your invitation to come to Astoria, Oregon and to visit the plant where Bumble Bee Brand Columbia River Fancy Chinook Salmon and Bumble Bee Tuna are packed for you. The Bumble Bee Cannery is a model of efficiency and cleanliness, and to visit it will give you an appetite for the delicious seafoods packed by Bumble Bee.





When you're on the fly!

TUNA SHORTCAKE



MENU *Tuna Shortcake • Lettuce and Tomato Salad • Olives • Apricot Halves • Cookies
Coffee • Milk*

Ingredients to serve 4

- 1 cup packaged biscuit mix
- 1 cup shredded Cheddar cheese
- $\frac{1}{3}$ cup milk (for biscuits)
- 1 can condensed cream of celery soup
- $\frac{1}{2}$ cup milk (for sauce)
- 1 teaspoon grated onion
- 1 can ($6\frac{1}{2}$ or 7 oz.) Bumble Bee Tuna,
drained and separated into large pieces
- 1 cup cooked peas
- 1 tablespoon chopped pimiento

Ready to serve in 20 minutes

Combine biscuit mix and cheese. Add $\frac{1}{3}$ cup milk; stir lightly until ingredients are just mixed. Drop by tablespoon into 4 biscuits on ungreased baking sheet. Bake in very hot oven (450°F.) about 10 minutes, or until biscuits are baked and browned. Blend soup, $\frac{1}{2}$ cup milk and onion; carefully stir in tuna, peas and pimiento; heat thoroughly. Serve tuna mixture over split hot cheese biscuits.

Your guests will love this one!

SALMON RICE WITH KEBABS



MENU *Salmon Rice with Kebabs • Cracked Wheat Rolls • Coleslaw • Lemon Chiffon Pie
Coffee • Milk*

- 1 pound can Bumble Bee salmon
- $\frac{1}{2}$ cup chopped onion
- 2 tablespoons butter or margarine, melted
- $\frac{2}{3}$ cup water
- 1 can (10 $\frac{1}{2}$ ounces) condensed consomme
- 1 cup uncooked rice
- 18 mushrooms
- 3 green peppers
- 3 tomatoes
- $\frac{1}{2}$ cup butter or margarine, melted

Drain and break salmon into large pieces. Saute onion, add water and consomme; bring to a boil. Place rice, salmon, and consomme mixture in a well-greased casserole. Bake, covered, in a moderate oven, 350° F., for 35 minutes or until tender. Cut tomatoes and green peppers in sixths, remove stems from mushrooms. Alternate pieces on 6 skewers. Place on a greased broiler pan. Brush kebabs with butter. Broil each side about 3 minutes, 3 inches from source of heat. Serve salmon-rice mixture on a platter with kebabs over top. Serves 6.

Royal eating on a budget!

CRAB NEWBURG



MENU *Crab Newburg • Asparagus Spears • Salad • Sherbet-Topped Fruit Cup • Cookies
Coffee • Milk*

Ingredients to serve 4

- 1 can (6½ oz.) Bumble Bee King Crab Meat
- 3 egg yolks, beaten
- ½ pint (1 cup) light cream
- ¼ teaspoon salt
- 2 tablespoons sherry
- 4 slices hot toast

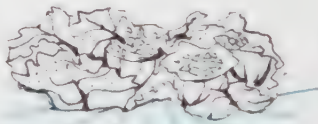
Ready to serve in 35 minutes

Drain and coarsely flake crab meat, removing any hard fiber. Combine egg yolks, cream and salt. Cook, stirring constantly, over very low heat or in double boiler over simmering water until thickened. Add crab meat and sherry; heat well, but do not boil. Serve spooned over toast triangles.



CRAB LOUIS SUPREME

Excellent with Bumble Bee Salmon or Tuna



MENU *Sherried Consomme • Crab Louis Supreme • Cloverleaf Rolls • Cherry Preserves*
Pineapple Sherbet • Coffee • Milk

Ingredients to serve 4

- 1 small head lettuce
- 2 firm ripe tomatoes
- Salt
- 1 can (6½ oz.) Bumble Bee King Crab Meat, well chilled
- ½ cup mayonnaise or salad dressing
- ¼ cup finely chopped celery
- 2 tablespoons chili sauce
- 1 tablespoon capers or chopped stuffed olives
- 2 hard-cooked eggs

Ready to serve in 20 minutes

Shred lettuce; place on four salad plates. Cut tomatoes in halves crosswise; place cut-side up on lettuce; sprinkle lightly with salt. Drain and flake crab meat removing any hard fiber; arrange crab meat on tomato halves. Combine mayonnaise or salad dressing, celery, chili sauce and capers or olives. Spoon mixture over crab meat. Finely chop eggs or press through sieve; sprinkle egg liberally over each salad.



Fast and... m-m-m so good!
QUICK SALMON-CELERY CHOWDER



MENU *Salmon Celery Chowder • Bread Stix • Tomato Aspic • Apple Crisp • Coffee • Milk*

2 cans (10½ oz.) condensed
 cream of celery soup
 2 soup cans milk
 1 can (1 lb.) peas, drained
 1 can (1 lb.) Bumble Bee Salmon
 ¼ teaspoon dry mustard
 ⅛ teaspoon pepper

Blend soup and milk. Add remaining ingredients; stir. Cook over medium-low heat, stirring occasionally, until chowder reaches the boiling point; simmer 5 minutes longer. Serve with crackers.

Makes about 6 servings.

Bumble Bee Appetizers



BUMBLE BEE SEA FOOD DIP

Ingredients make about 1 $\frac{2}{3}$ cup dip

- 1 can (6 $\frac{1}{2}$ oz.) Bumble Bee King Crab Meat*
- 1 container (8 oz.; 1 cup) cream-style cottage cheese
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon grated onion
- 2 to 3 tablespoons light cream
- *Or use 2 cans 3 $\frac{3}{4}$ oz. Bumble Bee Smoked Salmon or 1 can (6 $\frac{1}{2}$ or 7 oz.) Bumble Bee Tuna.

Drain and flake crab meat, removing any hard fiber. Add remaining ingredients; mix well. Chill, covered, at least 1 hour to blend flavors. Serve with potato chips, crackers, raw vegetables (carrot sticks, celery, cucumber slices, cauliflower, radishes)

The life of the party!

BUMBLE BEE TUNA CANAPES

Ingredients to make about 1 cup spread

- 1 can (6 $\frac{1}{2}$ or 7 oz.) Bumble Bee Tuna, drained and flaked
- $\frac{1}{4}$ cup mayonnaise or salad dressing
- 1 to 2 teaspoons prepared horse-radish
- Dash of pepper

Combine all ingredients; mix well. Spread on crackers, rye bread or melba toast rounds. Garnish with parsley sprigs or sliced stuffed olives.

STURGEON-TUNA SPREAD

Ingredients to make about 2 cups spread

- 2 cans (3 $\frac{3}{4}$ oz.) Bumble Bee Kippered Sturgeon, drained
- 1 can (3 $\frac{1}{2}$ oz.) Bumble Bee Tuna
Drained
- 2 teaspoons grated onion
- $\frac{1}{3}$ to $\frac{1}{2}$ cup mayonnaise or salad dressing

Combine all ingredients; blend well. Serve spread on crisp crackers, toast squares or potato chips.



for
you



Bumble Bee Gift Pack

An ideal gift for Christmas, Anniversaries, birthdays, and so many special occasions when only the finest quality will do, is Bumble Bee's specially prepared gift packs of seafood delicacies.

At historic Astoria, Oregon, cradle of the fish canning industry where the mighty Columbia River meets the Pacific Ocean, the firm that packs Bumble Bee seafoods was founded in 1899.

All of the skills and experience developed since then are used to make available to you today the superb seafoods bearing the Bumble Bee label. From the thousands of unsolicited letters we have received we are confident that you will be completely satisfied with the warm welcome your Bumble Bee gift will receive.

An attractive assortment of sizes and combinations of canned seafoods are available at prices to please your gift budget. Write to us, Bumble Bee Seafoods, Astoria, Oregon, for full details on these delicious seafood gifts!

The most complete variety of quality seafoods under one label in America is

Bumble Bee Brand Seafoods

Whenever you are planning a seafood meal, remember the wide choice of distinctively delicious seafoods you have in the Bumble Bee brand...and the complete confidence you may place in the unsurpassed quality of *any* Bumble Bee seafood you buy.

As a shopping help to you, note that Bumble Bee labels are primarily white or green or red. The white label contains the ultimate in flavor of the finest species. The green or red labels mean economical seafoods...finest of their type but lower priced because of the abundance of the particular fish, or the smaller size of the pieces.

Try *all* types of Bumble Bee seafoods to add healthful and delicious variety to your menus. Bumble Bee, as it has for over fifty years, is always ready to serve you with the finest quality seafoods in America!

Compliments of

BUMBLE BEE SEAFOODS

Astoria, Oregon

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